

Alumno

Julián Trejo Muñoz

**Lic. Medicina Veterinaria y
Zootecnia**

2° cuatrimestre

Materia
Ingles II

Docente

**ING. ENRIQUE EDUARDO
ARREOLA**

Fecha de entrega

09 de marzo de 2023

Food Guidelines

FRUIT

- apples
- lemons
- bananas
- oranges
- kiwis
- blueberries

VEGETABLES

- Lettuce
- carrots
- tomatoes
- broccoli
- potatoes
- onions

MEAT AND OTHER PROTEINS

- chicken
- fish
- beef
- eggs
- nuts

DAIRY

- cheese
- milk
- yogurt

FATS AND OILS

- butter
- cream
- oil

GRAINS

- cereal
- rice
- pasta
- bread
- crackers
- noodles